

A strong Sussex team travelled to Whitgift School to compete in the annual Girls U16's Inter-county Tournament on Sunday evening, along with Mid Sussex Marlins coaching duo Amy Styles and Liv Henderson.

Though small in number, much of the squad were part of the winning South East Region squad, so were well drilled and used to each others gameplay:

- (1) GK Maddie Calthrop (Mid Sussex Marlins)
- (2) Caitlin Silk (Worthing)
- (3) Tahlia Vyse (Mid Sussex Marlins)
- (5) Jess Jonas (Mid Sussex Marlins)
- (6) Lucy Bullock (Otter)
- (7) Lottie Apps (Mid Sussex Marlins)
- (10) Nicole Fawcett (Mid Sussex Marlins/Worthing)
- (11) Maisie Standen (Worthing/Mid Sussex Marlins)
- (12) Ruby Rosser (Worthing)

The first match versus Hampshire started off slowly as the girls found their rhythm, but it wasn't long before some excellent driving by Lottie and Caitlin down the wings set up goals for Lucy and Nicole. Strong defensive work by Ruby and Lucy ensured that Hampshire never got to settle. Some desperate long distance shooting was dealt with comfortably by goalie Maddie. Sussex had a great opening game, scoring 7 without reply (Caitlin 3, Lucy 2, Nicole 2).

Next up were Surrey, with some strong regional London players, so Sussex had to change the way they played. Some superb saves from Maddie and excellent interceptions by Nicole, saw a scrappier, more defensive Sussex (with three players getting exclusions!). Sussex defended hard and relied more on the counter attack, gaining turnovers and attacking down the flanks. Maisie stood up well to the pressure in centre forward, scoring two goals during the match. Surrey pulled a goal back, but Sussex marked tight before scoring further goals from Caitlin and Lucy. Final score 5-1 (Maisie 2, Lucy 2, Caitlin 1).

The third game against Kent proved more of a challenge. A faltering start by Sussex saw Kent take the lead. Some instruction from the coaches organised the girls' formation. Some tight defensive work by Nicole, Ruby and Lucy, plus a few great saves by Maddie, soon took the momentum from Kent's game. Similar to the last match, the girls built their attack from a turnover, moving the ball with confidence around the pool, keeping possession and causing the Kent side some frustration. An exclusion on the Kent team led to Sussex setting up around the Kent goal allowing Lucy to score level the match. Two further goals towards the end of the match from Sussex put the game out of reach from Hants. Final score 3-1 (Lucy 1, Caitlin 1, Nicole 1).

Sussex took on Middlesex in their final game. The girls were on fire and all working really hard, covering for each other when needed and switching play beautifully. Maddie made some outstanding saves and spread the ball back out to her team with power and accuracy. The newer players, Jess and Tahlia, worked really hard, getting some important interceptions, which allowed Caitlin and Lottie to break down the wings to feed the ball into Maisie, holding well in centre forward, and Nicole, driving in from the wing. 4 goals between them and another one from Lucy, saw Sussex win their final match comfortably 5-0 (Maisie 2, Nicole 2, Lucy 1).